



Why are parents important?

Teens consistently report that parents influence their decisions about sex the most, more than peers, music and internet. Overall closeness between parents and their children, shared activities, parental presence in the home, and parental caring and concern are all associated with a reduced risk of early sex and pregnancy. Research has also found that good parent-child communication is linked to teens avoiding sex, a later age of first sexual activity, increased communication between partners, and increased condom use among sexually active teens.

For tips on how to communicate with your teen about sex visit the following link:
http://www.cdc.gov/healthyyouth/protective/pdf/talking_teens.pdf

Who We Are

About Us

The Will County Health Department, in partnership with the Valley View School District, has been awarded a grant to address the higher than average teen birth rate and higher than average teen sexually transmitted infection rates in the Village of Bolingbrook.

The *Making a Difference! Curriculum* will be implemented in all Bolingbrook middle school 8th grade health classes to help address this issue.

Contact Us

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MAKING A DIFFERENCE! CURRICULUM

An evidence-based, abstinence approach to teen pregnancy and STI/HIV prevention





Making a Difference! Curriculum

The *Making a Difference!* Curriculum will be implemented in all 8th grade health classes at Hubert Humphrey Middle School, Jane Addams Middle School, and Brooks Middle School.

- The curriculum was developed for middle schools and designed to fit a school schedule
 - ✓ 13 modules, 40-minutes each
- The curriculum focuses on providing adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted infections (STIs) and pregnancy
 - ✓ Abstinence from sex is the only way to eliminate risk
 - ✓ Postpone sexual activity
 - ✓ How to protect themselves if they choose to not be abstinent
- **Goal:** to empower young adolescents to change their behavior in ways that will reduce their risk of pregnancy, HIV, and other STIs

Curriculum Overview

The curriculum modules include:

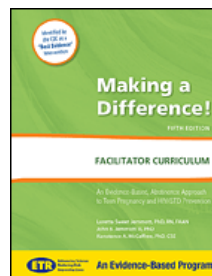
- Getting to know you and steps to making your dreams come true
- Understanding adolescent sexuality
- Understanding abstinence, giving advice and attitudes about abstinence, and problem solving to stay abstinent
- The consequences of sex: HIV infection, STIs, and pregnancy
- Peer pressure and partner pressure
- Refusal and negotiation skills
- Contraceptive methods

The goals of the *Making a Difference!* Curriculum are to:

- Help young people change behaviors that place them at risk for HIV, STIs, and pregnancy
- Delay the initiation of sex among sexually inexperienced youth
- Reduce unprotected sex among sexually active youth
- Help young people make proud and responsible decisions about their sexual behaviors

To learn more about this evidence-based curriculum visit:

<http://www.etr.org/ebi/programs/making-a-difference/>



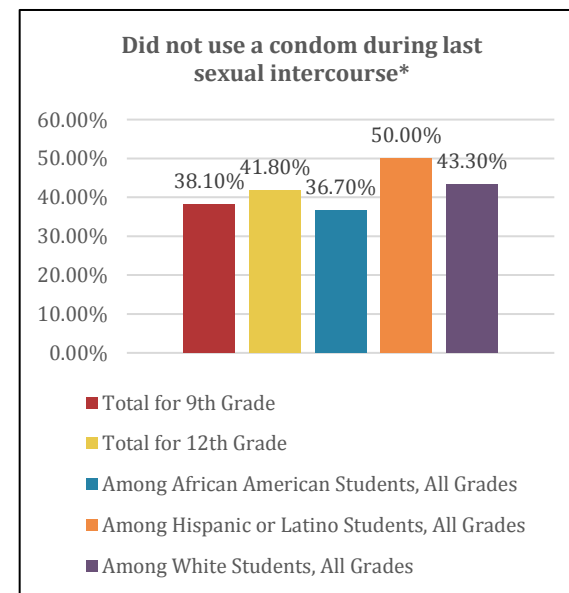
Why is this needed?

According to the Illinois Department of Public Health, *Bolingbrook has a higher than average rate of teen pregnancy and sexually transmitted infections (STIs).*

Among Illinois high school students, according to the 2015 Illinois High School Youth Risk Behavior Survey:

- 17.9% of all 9th graders have had sexual intercourse
- 63.8% of all 12th graders have had sexual intercourse

Condom use protects against unplanned pregnancy and STIs. Percent of high school students who did not use a condom during last sexual intercourse:



*Source: Illinois High School Youth Risk Behavior Survey, 2015 Sexual Behaviors.